

Surya Namaskar Marathon: 2009

On Saturday, January 24th, 2009, Saraswati Shakha and Abhimanyu Shakha held their joint Surya Namaskar Marathon, for the third consecutive year. From 7:45 to 8:15 in the morning, as Registrations were collected and people socialized in the main room of the India Center in Shrewsbury, the excitement was mounting. At 8:15, the Marathon officially began and, in just two hours and fifteen minutes, with forty-two participants, approximately 4,800 Surya Namaskars were performed. This number includes the tallied sets of the experienced and of the new-to-learn. Some of these newcomers were the Bhutanese, of which there were eighteen people. Their participation helped them to fraternize with the local Hindus who are a part of HSS family and to make new friends in the new community, they have now become a part of. Information about potential job opportunities and education were also given to them by the local Hindu families, separate from the ongoing activities.



To break down the total sankhya, there were four shishus, eight balas, five kishores, fourteen purush, and eleven mahilas. There were a couple of participants that did 14 sets of Surya Namaskars each. The method of keeping track of this number was simple; each participant kept with them a note card on which they put a tally mark every time they completed a set of thirteen. This number was multiplied by thirteen, to find the number of actual Namaskars done.

For refreshment, there was a table of snacks and crackers and, also tea, coffee, and juice. Another way to keep busy, without doing the actual Namaskars, was to volunteer to say the mantras. Not only did the adults do this, but the kishores, and even the balas and shishus, became involved with this task and it made the event that much more enjoyable for everyone.